

November Senior Center Gazette 2005

November Birthday Party

Note: Special Date

Friday, November 18

1:30 pm

"HOLLYWOOD HATS"

A very special one woman show by Gloria Heidi, a movie and fashion historian, and protégé of the multi Academy Award-winning costume designer, Edith Head. Ms. Heidi has a rich background in Hollywood movie and television working in front of the camera as well as behind the camera in costume design.

Hollywood Hats! Highlights, through hats from Ms. Heidi's special collection, the lives of movie greats such as Rita Hayward, Katharine Hepburn, Claudette Colbert and others. Each hat has a story which Ms. Heidi conveys through several songs and wonderful and humorous anecdotes as she models them. Her program takes the audience through the changing image and lives of women from the 1920s to the present.



Don't miss Hollywood Hats!
A terrific presentation for our
November Birthday Party.

**WE WISH YOU A VERY
HAPPY THANKSGIVING!**

**The Senior Center will be
closed on Thursday, Nov. 24
and Friday, Nov. 25**

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

**Annual Holiday
Boutique
& Sweet Shop
Friday, Nov. 4
9:30 am-2:30 pm**



Fremont Senior Center Crafts classes (including Quilting, Wood Carvers, and Crafts), plus many talented individuals have prepared wonderful items for you to view and purchase. We will also have tasty sweets and baked goods for you to eat and share with your family and friends. So get into the holiday spirit and attend the Annual Holiday Boutique & Sweet Shop on Friday, November 4!

NOVEMBER SPEAKERS:

Tuesday, Nov. 1, 10:30 am
Herbal Hour 2: Digestive Systems
Anne Small, Herbal Specialist

Tuesday, Nov. 15, 10:30 am
Arthritis & How to Live With It
Dr. Renetta Shearer
Tri-City Chiropractic

Veteran's Day Holiday
Will be celebrated on Thurs.
November 10, 11:30 am
Wear your uniform, cap, insignia
& be honored.

**The Senior Center will be
closed on Friday, Nov. 11.**

THANKS FOR YOUR STAMPS!

Greetings from St. Patrick's Missionary Society and Father Kyran Murphy, with thanks for the donated used stamps from Fremont. Their team of helpers prepares the stamps for sale to dealers and the proceeds fund missionary work. In 2004 they raised £25,000.

SPEAKERS CONTINUED:

Tuesday, Nov. 29, 10:30 am
Drive Well - Promoting Older
Driver Safety

Tuesday, Dec. 6, 10:30 am
Reduce Pain & Stiffness in the
Cold Winter Months
Charu Dave, Preferred Rehab.
And Physical Therapy



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.